

How to find us

Address

Refresh Wellness
Unit 62, Basepoint Business Centre,
70-72 The Havens,
Ransomes Europark,
Ipswich IP3 9SJ

Telephone

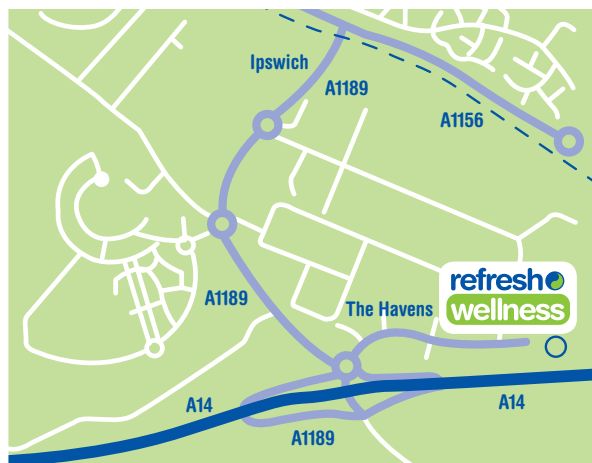
01473 722 727

Email

info@refreshwellness.co.uk

Website

www.refreshwellness.co.uk



01473 722 727

Unit 62, Basepoint Business Centre,
70-72 The Havens, Ransomes Europark,
Ipswich IP3 9SJ

Designed by DA Design. www.daveallworthy.com

refresh wellness

Live well. Be well.



01473 722 727

Unit 62, Basepoint Business Centre,
70-72 The Havens, Ransomes Europark,
Ipswich IP3 9SJ

info@refreshwellness.co.uk



www.refreshwellness.co.uk

info@refreshwellness.co.uk



www.refreshwellness.co.uk

Who we are

Refresh Wellness is all about being well and not many people can say they really are. In our current 100 mile an hour lifestyles, usually the last thing on the list is your own health. Here at Refresh Wellness we aim to redress that imbalance.

We believe that the pace of today's life requires that we look after ourselves physically, mentally and emotionally, therefore all aspects of a client's lifestyle are considered and we aim to provide a full range of treatments to assist this.

Our treatments cover your rehabilitation and wellbeing needs, from the point of injury, to recovery from that injury, but then prevention is better than cure so we will guide you on the best way to prevent recurrence of the injury whether that is regular massage, a stretching routine or changes to your lifestyle and how to relax! – mentally and physically.

Live well. Be well.



Indian Head Massage



Rehabilitation



Personal Training

What we do

Our full range of services include:

In the Gym

- Personal Training
- Energy Training
- Postural Training
- Rehabilitation
- Strength and conditioning

Treatments

- Sports Injuries
- Sports Massage
- Deep Tissue Massage
- Therapeutic Massage
- Indian Head Massage

Mind & Body

- EFT (Emotional Freedom Technique)
- Hypnotherapy
- Reiki Healing
- Reiki Drum Healing

